



# YEAR 7&8 PE CURRICULUM BOOKLET



## **Qualities of a Sports Person**

### **TASK :**

**ALL-** complete the brainstorm using key words. Identify as many of the qualities a sports performer has that you can think of.

**Foundation/ Standard-** complete a sentence alongside each quality on the brainstorm to describe how this quality benefits their sporting performance.

**Extended/ Advanced-** For a named sporting individual identify the 3 most important qualities they possess and give reasons why you think they are so vital.



Qualities of a  
Sports Person

## What is a Team?

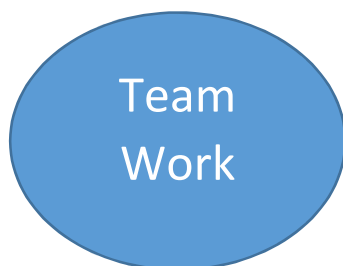


## **What is teamwork?**

List the key qualities that make someone a team player.

<https://www.youtube.com/watch?v=EUCUEegmXwQ>

[https://www.youtube.com/watch?v=3z\\_g9AX8vjk](https://www.youtube.com/watch?v=3z_g9AX8vjk)



**ALL-** complete the brainstorm using key words. List all the qualities that makes an individual a valuable team member.

**Foundation/ Standard-** complete a sentence alongside each quality on the brainstorm to describe how this quality benefits their team.

**Extended/ Advanced-** For a named team sports player identify the 3 most important qualities that they bring to the team and how these will enable the team to succeed.

# Teamwork

U I V B H K O D C E N L M L H J L C I E D C T Z  
 J Q A C T I V I T I E S I L T I W A D X B Q G E  
 L A P N C N O L J Q I A X R V U J U H R Y Y G V  
 H V K X U R L K K E V I T A I T I N I S L U V Y  
 K X O D G Q F S F W S M E L B O R P E V D O P E  
 I K W C L W U A L I S R E N I N G Q L K E U K W  
 O V Q S S F G T J H S O O Q C X B B W I R Z R W  
 N L A B X H P S O N Z N E M P N N E Q P H W K J  
 R W V Q G W S N O I N I P O C N X G O E G M X K  
 P V V H X E W I V A N P D G P N A S C H C S L B  
 S L Y E R T T B G N O T X B B A E O X G E E U L  
 P D F P M S X S E G A T N A V D A D S V L H F Y  
 Y W X L E F H O H Y L U K L I L D J I P R T P O  
 O E Z G P B U W Z Z V I P Q V S P T P F E W L X  
 C K G E H C H N E W I Y R N V K C M W A O Q E M  
 I U G T T T F T M R I M P K F E J O M O N A H I  
 S F R U B W A Y M D L M W V J E E W S Z Y O Q V  
 U Y O I E U K L G M U F N B S L O N M F G A T I  
 U M U D L J E N K F N C O R F R O C I A W Y B J  
 D W P A K A I X G Q G O Z R K I H T Q Y E I S N  
 S Z V Z D R N X M A P P G F T X N C Q X T W I S  
 B E W E A I L E G P C J U C L E I M P R O V E K  
 Y J R H H C G H G E G Y A A D L H X S O S Y N H  
 G T S J D N X H W F G Y S I Y L P Z I W S Y I P

Suggestions

Group

Opinion

Activities

Initiative

Problems

Advantages

Leader

Task

Helpful

Listening

Teamwork

Identify

Purpose

Evaluate

Improve

Sharing

Express

Objectives

Actions

Any of the words on this page that you do not know the meaning to write in your student planner and find out what they mean!!!

## Team Work Examples

What makes these people in these images a 'good' or 'bad' sports person?

<https://www.youtube.com/watch?v=liCRrheKIOI>

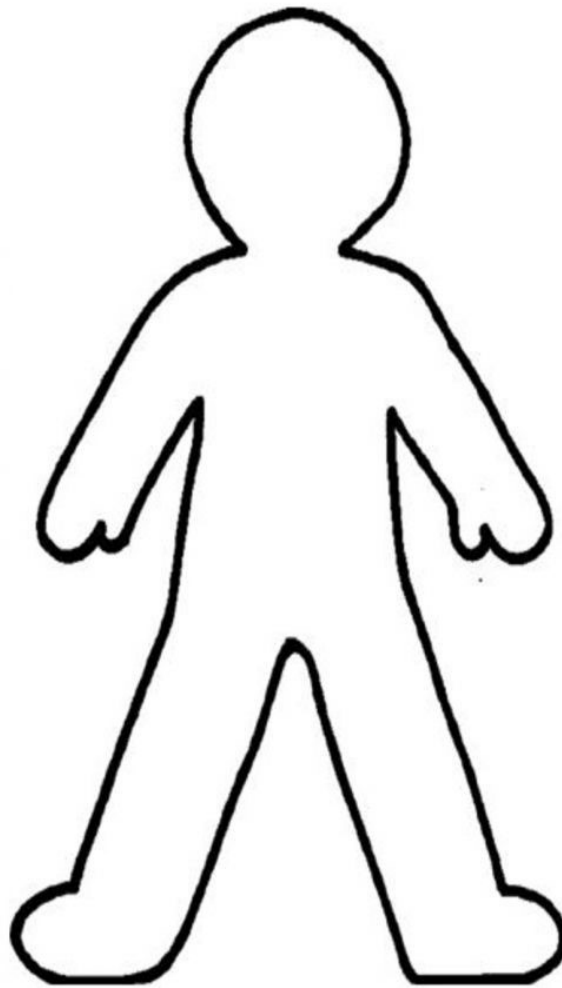


<https://www.youtube.com/watch?v=35vkKgge7ys>



## **Inspirational Sports Person**

Annotate this image of a person with characteristics and attributes that make someone an inspirational person.



## Sports Person Star Profile

Rate your Sports Person ship qualities from 1-9 (1 being poor and 9 being excellent).

A radar chart for a 'Sports Person Star Profile' with eight axes: Supportive, Calm, Resilient, Confident, Positive, Hard Working, Inclusive, and Disciplined. Each axis has nine concentric rings for rating from 1 to 9.

I would like to improve my \_\_\_\_\_

I will achieve this by

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## Warming-Up for Exercise



Watch the 3 videos – what do you notice about what each type of athlete?? –use the space below to note anything down as you are watching:

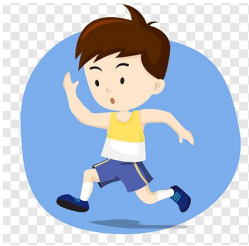

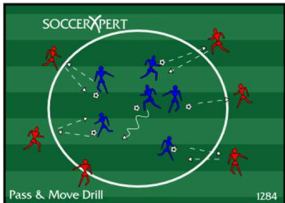
Usain Bolt: <https://m.youtube.com/watch?v=aW9GxrrSDFg>

Ronaldo: <https://m.youtube.com/watch?v=2oEcnLTKWl0>

Mavericks Netball: <https://m.youtube.com/watch?v=b5oYtKEo7tg>

**Task 1:**

Identify the **3** phases that should be seen in a full warm-up:

PHASE	EXAMPLE OF WHAT IS DONE	EXTENSION ACTIVITY WHY DO IT??
1.  <hr/> <hr/>		
2.  <hr/> <hr/>		
3.  <hr/> <hr/>		

**TASK 2:**

For a chosen sport design a full warm-up that you could lead a small group (say 5 students) on when we get back in the sportshall or out on the courts and pitches.

Be clear on the timescale and any particular exercise you want your group to complete. Identify key points you would need to give so that the exercise is completed correctly.

PHASE 1:	EXERCISE	KEY POINTS

For Phase 2 you may wish to use diagrams to identify particular exercises that you want your group to complete.

PHASE 2:	EXERCISE	KEY POINTS

For Phase 3 please use diagrams to illustrate any drills or actual game practices that you may see as important. Give key points that may help your group understand your practices.

PHASE 3:	EXERCISE	KEY POINTS

## Cool-down for exercise

Why do we cool down after exercise??

What 2 phases should we see in a cool-down?

Give an example of a typical cool-down that could be completed after your session. Use the same sport that you selected for your warm-up.

PHASE	ACTIVITY	<b>EXTENSION ACTIVITY</b> WHY DO IT??
1.		
2.		

## What can I do to get active??

Your teacher is going to show you a number of different ways to get moving and active- you need to identify how you can increase your activity levels and get fitter and stronger!!

After the lockdown we have all just had to get through the chance to exercise and get out and keep fit has been made much more difficult!! This man has given the opportunity for exercise at home to be easily accessible!!

<https://www.youtube.com/user/thebodycoach1> - Look at all the options here!!!!

<https://www.youtube.com/watch?v=BBELJy2twiQ&t=105s> - Joe Wicks- interview with Lorraine!!

Identify the forms of exercise you did over lockdown:

What sports do you enjoy?



How much activity do you do in a week- complete the table below with a typical week's activity?? Include any walks to school....

	Activity completed	Easy/ Moderate/ Hard
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



Where do you play/ take part in any sports/ activities locally?

What could you do to increase the amount of activity you are doing in a week??

Identify 3 different opportunities you have to do physical activity in your local area.

1.

2.

3.

Extension Activity:

Design a poster to promote your favourite sport- identify what you enjoy about it and therefore why you would advise others to play/ participate too. Identify the physical and social benefits of the activity too!!!!

## Sports Word Search

B N E T B T A E K W O N D O C R I C K K  
 A V O L L L R B A G Y M N N B A S K E H  
 S B O X I I C A R Y B O X I S W R E H W  
 K A R A T E H D A M C T R O W I N G O R  
 E R U T E J E M A N Y A U W I R C F C E  
 T C G C N A R I R A C E G R M U R O K S  
 B H B H N V Y N U S L K B E M N I O E T  
 A H B R I E K T N G I W B S I N C T B L  
 L A R C S E A T N Y N O R T N I T N A I  
 L R S N E H R B J M G K R U G B Y E S N  
 N C W F O O T B A L L A U S N A T T K G  
 E H I O D C Y C V J U D N W E D A B E B  
 T E M O A K E N E T B A N I T M E A E A  
 C R I C K E T E L J A V I L L I J L K D  
 R R I Y S Y R U I C Y C N M J N U L A M  
 I B T C W T E N N N I V G E U T D R R I  
 C T A E K W W G Y M N A S J D O D U A N  
 K R E B O X I N G V O L L E O N G Y T N  
 T A E K V O L L E Y B A L L R O W W T T

### Words

- Basketball
- Football
- Hockey
- Rowing
- Cricket
- Badminton
- Javelin
- Boxing
- Archery
- Netball
- Running
- Karate
- Swimming
- Taekwondo
- Judo
- Rugby
- Gymnastics
- Tennis
- Cycling
- Volleyball
- Wrestling

There is one word missing. Can you work out which one?

# Health and Wellness

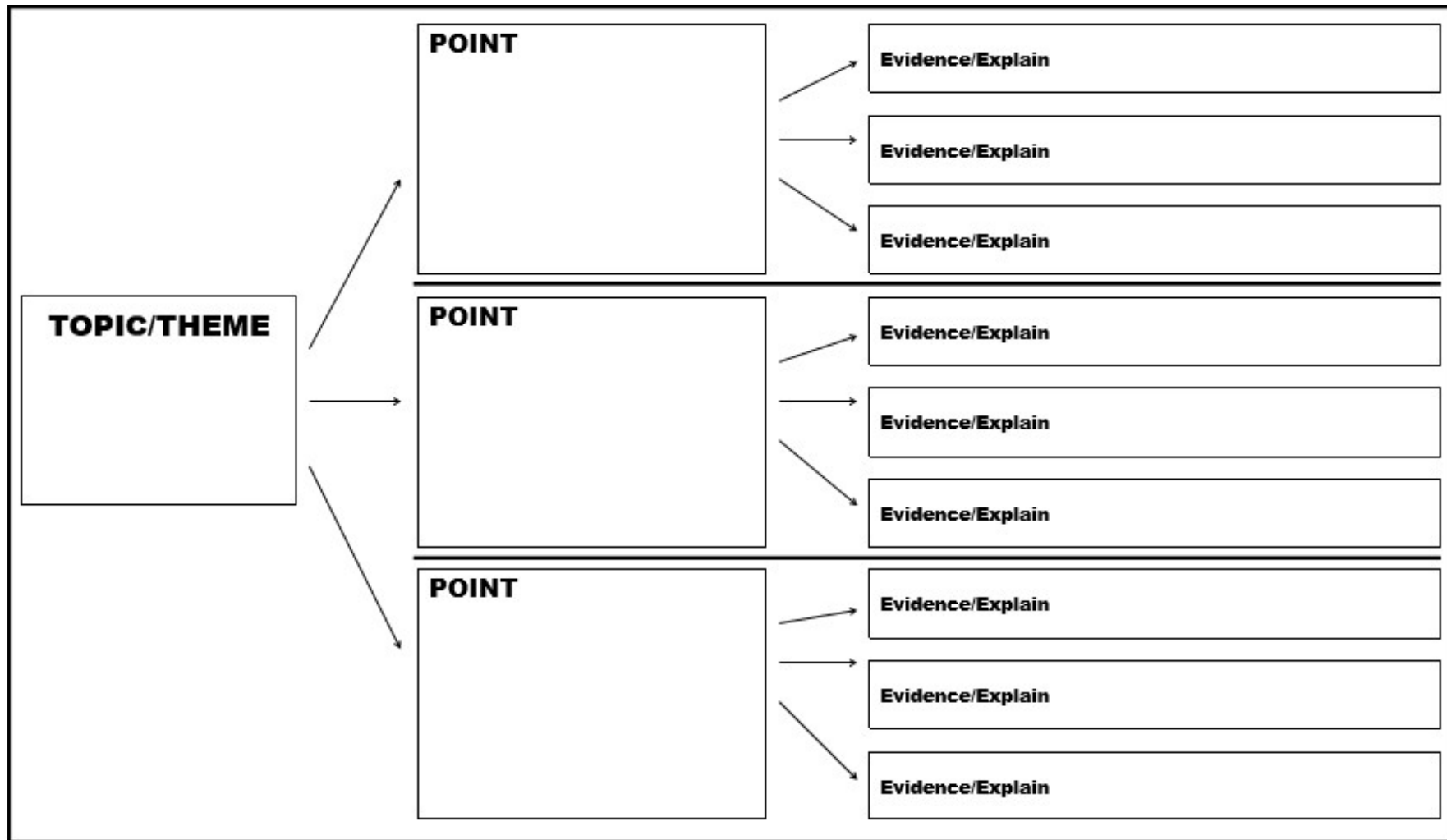
V L V E Y U J F K V S X M S S E R T S Q L B A E  
 G A N L V O H E W F S F O R B D E B T F R E E L  
 B I H A Q Y G L I L A U T C E L L E T N I J D B  
 J C Q I G E C A W S S E N L L E W Q F Z L Q R A  
 J O O I G H S O G S E I T I V I T C A A C N M I  
 W S E P V F Y I P N V I O C C U P A T I O N A L  
 K N N R U Q Q D C O I Y P A R E H T M D B B Z E  
 E O Z E M X W C R R E M G S P G T G I G F O O R  
 Q S B S Y H V Y S A E Q M S J Y R N Z C O L W K  
 C M I C G O G Q C G T X T I J D N I S S E A D K  
 G O K R K H L W P U G E E F W N D P N P S N O L  
 O K I I B A E M K D A Z D E M S J O R I T O H A  
 A I N P Y F P H Y S I C A L I L A C R R M I G S  
 L N G T Y T I L I B I S N O P S E R V I L T I A  
 S G S I S K E N W M X W X K R E T G O T W O V H  
 T I P O P B Z P A H E F J S V I E G L U K M E X  
 V C Y N F N H S Y N Z N I W O E M C U A N E B L  
 E H A S M K A J Z H C G T L W H U U N L I H A O  
 C C R W Y V O T G S N I K A E X L U T A N V C R  
 Z L P E I H R U K B O K A P L Q S C E W L K K T  
 F K Y N L B A J H I F W A L K I N G E I Y A Z V  
 X V G O N L Q I C H U R C H G F W U R O F K B D  
 F S D N Z A L C G H F E A T I N G H E A L T H Y  
 H D H K I O Q K E O N M A X T N Z S H Y E O B H

stress	coping	activities	responsibility
physical	reliable	occupational	intellectual
spiritual	balance	give back	mental
swimming	hydrate	biking	yoga
eating healthy	no smoking	emotional	debt free
financial	savings	laugh	volunteer
walking	exercise	hygiene	therapy
church	wellness	pray	goals
prescriptions	social		

Any of the words on this page that you do not know the meaning to write in your student planner and find out what they mean!!!

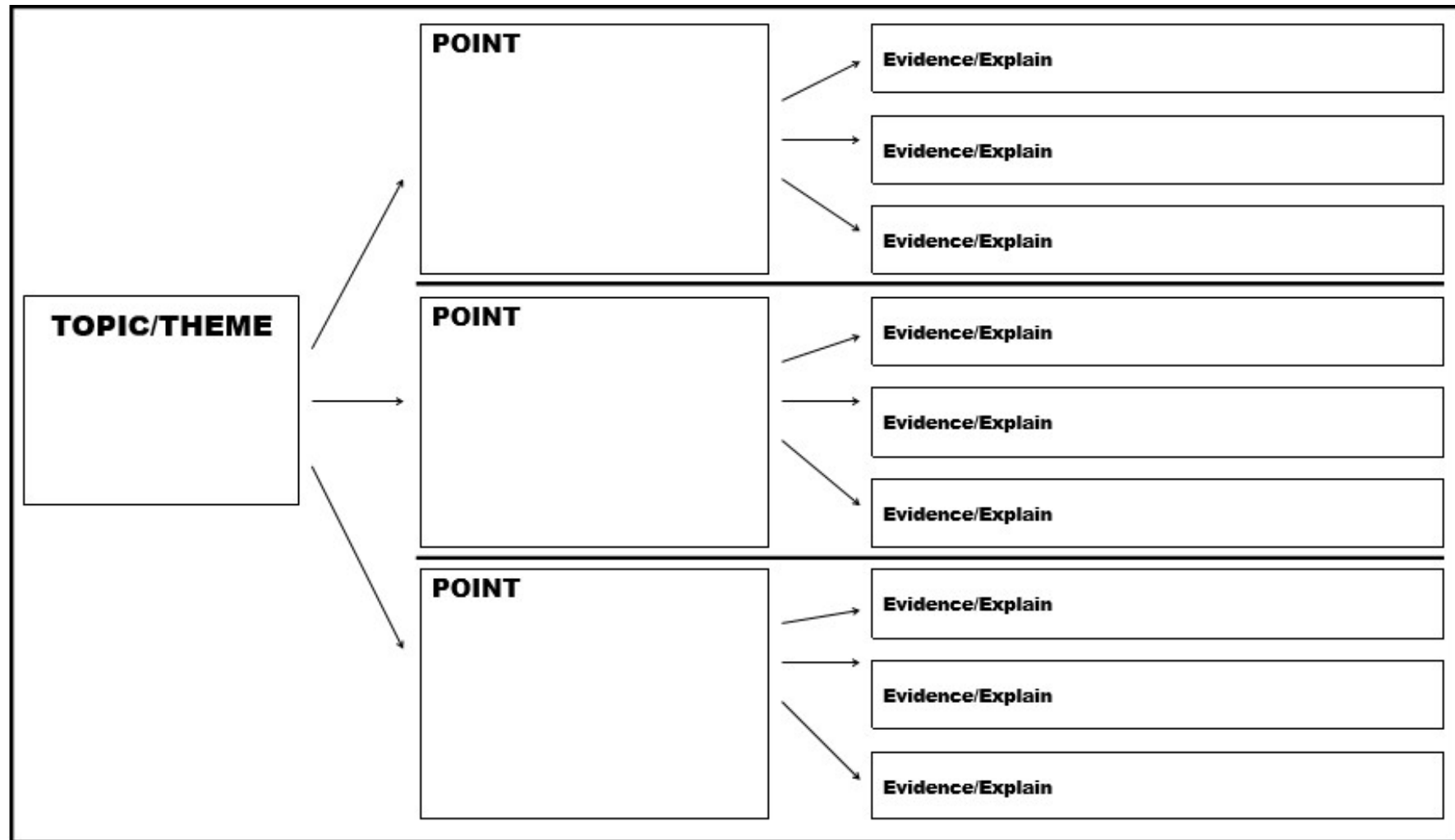
# Debates

Q1. Women should be allowed to compete against men



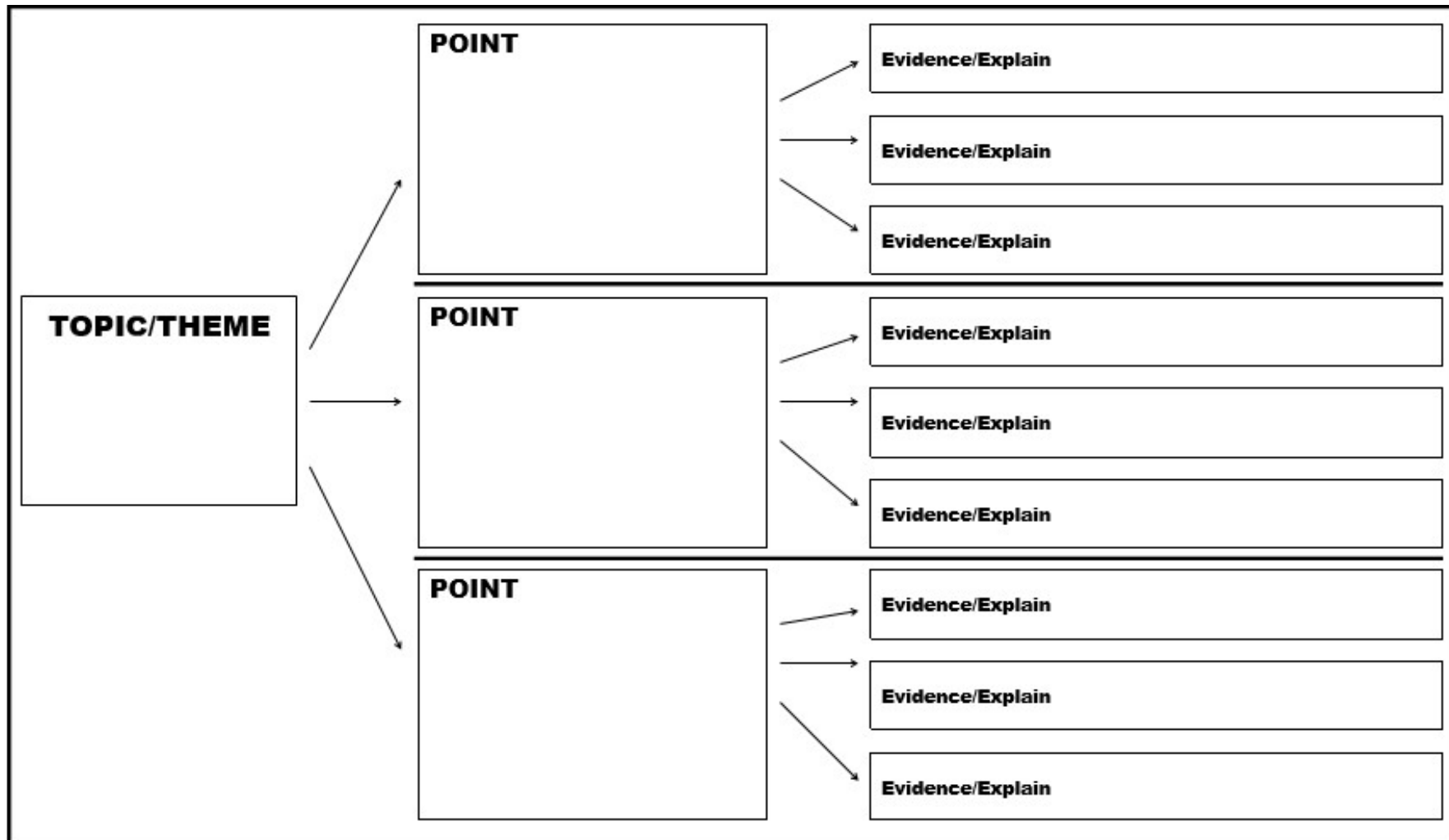
Should be allowed to compete	Shouldn't be allowed to compete

Q2. Should women athletes get paid as much as males



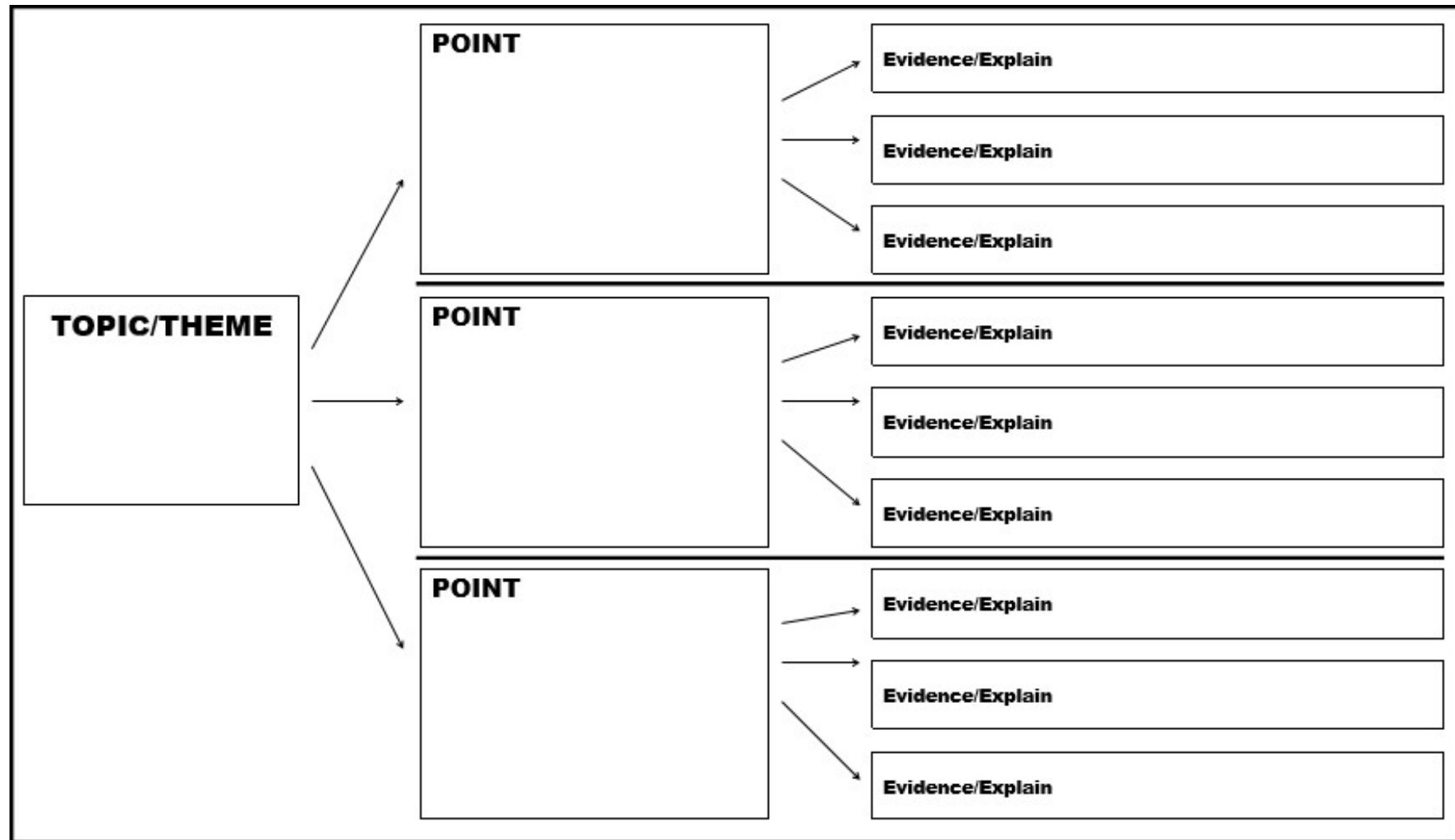
Equal pay	Stay the same

### Q3. Who is the greatest football player ever?



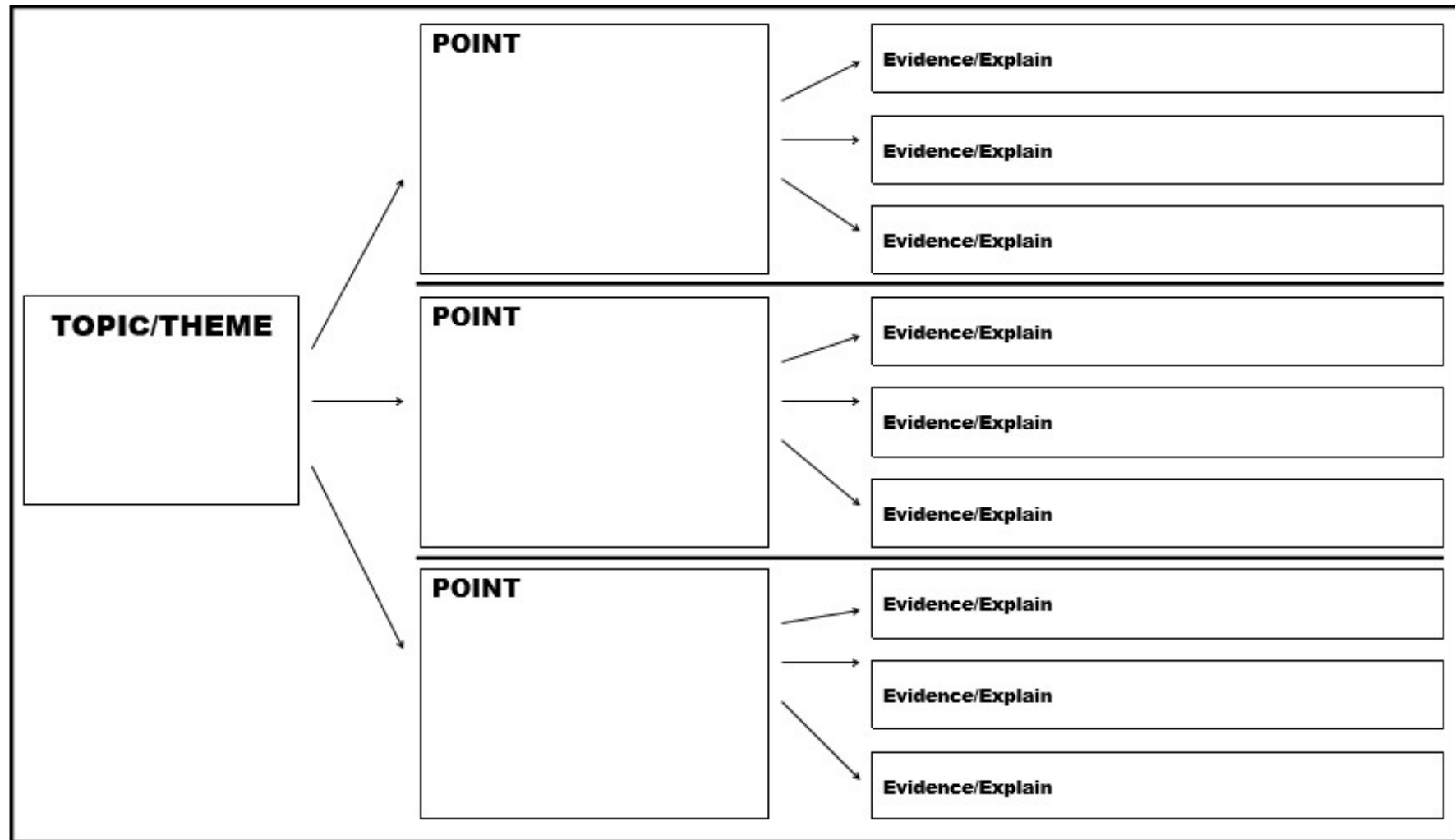


Q4. If all athletes took PED's – it would make it fair?



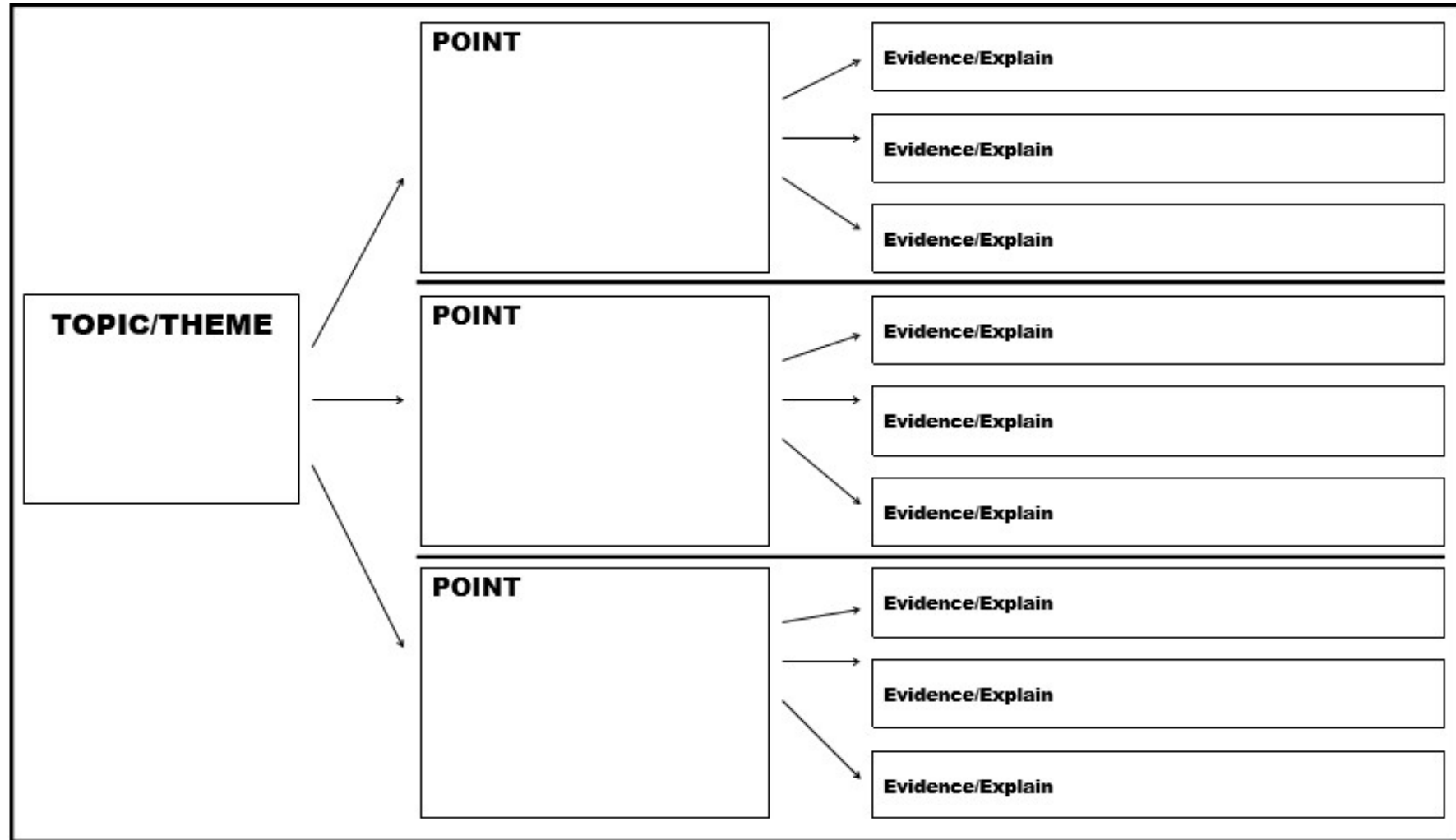
Yes it would make it fair	No it isnt fair

## Q5. VAR is ruining football ...



Yes it is runing football	No it has improved football

Q6. Hosting an international event (world cup, Olympics etc) is only done for political advantage?



Only political	Not political